

buzz

Manchester
Health & Wellbeing
Service



Exercises to help reduce Back Pain



A floor based exercise program to strengthen your core muscles, improve mobility, flexibility and reduce back pain.

Helping more people, stay more active, more often.

Exercises to help with Back Pain.

A floor based exercise programme to help your core strength, mobilise your joints and increase your flexibility.

When mobilising ensure you work from head to toe, scanning down your body as you loosen your joints.

Warm up

1. Side bends



Stand tall, draw your belly button towards your spine. Exhale as you drop down to one side, slowly lift and change side. Slow and controlled.

Aim for 10 each side.

3. Shoulder rolls



Look ahead and stand tall. Roll your shoulders up towards your ears and sink them down your back. Slow and controlled.

Aim for 10-15 rolls.

2. Side twists



Stand tall, take your arms in front, exhale, twist and hold. Keeping your elbows in line with your shoulders, try to keep your hips still and work the waist.

Aim for 10-12 twists.

4. Roll downs



Stand tall, roll your shoulders forward. Take your chin down towards your chest. Roll down towards the floor, hold at the bottom then roll up slowly. Make sure your knees are soft. The last thing to lift is your head.

Aim for 6-8 roll downs.

1. Knee rolls



Take your arms out to the side. Place your feet and knees together. Breath out and roll over to one side. Go back to the centre. Change sides and repeat.

Tip: Make sure you are relaxed as you drop over left to right.

Aim for 10 rolls both sides.

Level

1. Drop knees side to side.

2. Bridges



Peel your back off the floor until you are resting on your shoulders. Lower down one vertebrae at a time until you're in a neutral position.

Aim for 10-15 bridges.

Tip: Engage core, draw belly button towards your back. Squeeze your glutes (bottom) muscles.

Level

1. Bridge.
2. Bridge up, lift and straighten leg so it is parallel to the other leg, hold 5-10 seconds, lower foot to the floor and lower down with both legs together.

Try to engage your core by pulling your belly button in towards your spine

3. Table top



Start with your knees bent. Imprint your back onto the floor. Draw your belly button towards your spine. Exhale and float one leg into table top. Lower down slowly and change leg.

Aim for 10-15 table tops.

Tip: Breath out as you float up into table top, this will help engage your core muscles.

Level

1. Table top: smooth and slow.
2. Move on to scissors.
3. Table top taps, hold table top position with both legs, tap toe on the floor and go back to join the other leg in table top.

4. Clam



Lie on your side, bend knees at 45 degree angle. Feet should be in line with your spine. Draw your tummy muscles in, feet stay together, hips stay forward. Exhale and lift knee up, lower down slowly and repeat.

Aim for 10-15 clams.

Tip: Squeeze your bottom muscles as you lift your knee, this will help to strengthen your glute (bottom) muscles to help support your back.

Level

1. Feet together, lift the knee.
2. Hover feet off the floor, then lift and lower the knee.
3. Keep the leg on top parallel to the leg underneath and completely lift the top leg then lower.

5. Superman



Lie on your stomach with arms in front, forehead rested on the floor. Draw your belly button towards your back. Squeeze your glute (bottom) muscles. Now lift your arm and opposite leg off the floor and hold.

Aim for 10-15 supermans.

Tip: Hold for 5 seconds and then change side.

Level

1. Lift arms up one at a time.
2. Lift legs one at a time and squeeze bottom muscles.
3. Lift your opposite arm and leg.
4. Lift both arms and both legs, hold for 5 seconds and lower.

6. Side leg raises



Lie on your side, with your legs straight. Lengthen your arm and relax your head down onto your arm. Draw in your tummy muscles. Exhale and lift your leg, inhale and lower down slowly.

Tip: Squeeze your glute (bottom) muscles to help strengthen.

Level

1. As above.
2. After repetitions pulse at the top 10-15 times.
3. After top leg raises, raise the lower leg to join and lower together.
4. Lift both legs off the floor and lower.

7. Hundreds



Lying on your back, draw your tummy muscles in, imprint your back onto the floor. Exhale and float one leg into table top. Exhale and bring the other leg up to join. Add small pulses with your arms by your side.

Pulse for 5 seconds and relax.

Aim for 10-15 hundreds.

Tip: Focus on drawing your belly button towards your back.

Level

1. One foot up, one foot on floor.
2. Both feet in table top.
3. Bring your chin towards your chest and then pulse.

8. Back raises



Lie on your front. Place one hand on top of the other. Rest your head onto your hands to support your neck. Draw your tummy muscles in tightly. Lift your chest off the floor. Squeeze your shoulder blades together.

Aim for 10-15 back raises.

Tip: Hold at the top for 2-3 seconds and lower slowly.

Level

1. As above.
2. Add a leg lift at the same time, one leg lifts as one arm lifts.

9. Scissors



Lying on your back, draw your belly button in towards your back. Exhale and float one leg into table top. As you exhale again, swap legs. Legs should cross each other (as one leg lifts, one leg lowers).

Aim for 10-15 scissors.

Tip: Keep it slow and controlled.

Level

1. As above.
2. Tap your feet on the floor further away from you.
3. Tap the floor when your leg is fully straight.

Note: The further away you tap the harder the exercise will become.

10. Child pose



Finally go into a kneeling position. Sink your bottom into your heels. Extend your arms out straight. Take your chin to your chest and relax.

Tip: Stretch your arms out as far as you can.

Level

This last stretch should feel relaxing and ease any pressure on your back.

Hold and relax for at least 30 seconds.

Think about your posture and keeping a neutral spine

Always work to your level of comfort

Cool down

1. Hamstring stretch



Grab one leg, slight bend at the knee. Keep the leg on the floor straight. Bring your leg gently towards you.

Aim for 20-30 seconds each leg.

3. Back stretch



Take one knee to your chest. Place your hand on the outside of the opposite knee. Take your knee over your body and hold stretch.

Aim for 20-30 seconds each side.

2. Piriformis stretch



Place the outside of the left ankle on the right knee. Lift the leg, place your hand through the gap, lift and hold.

Aim for 20-30 seconds each leg.

4. Single knee tuck



Start with your legs straight, hug one knee into your chest and hold. Swap legs.

Aim for 20-30 seconds each leg.

There
are many
benefits to
stretching and
relaxation

For help and advice

buzz Health and Wellbeing service

Greater Manchester Mental Health NHS Foundation Trust

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